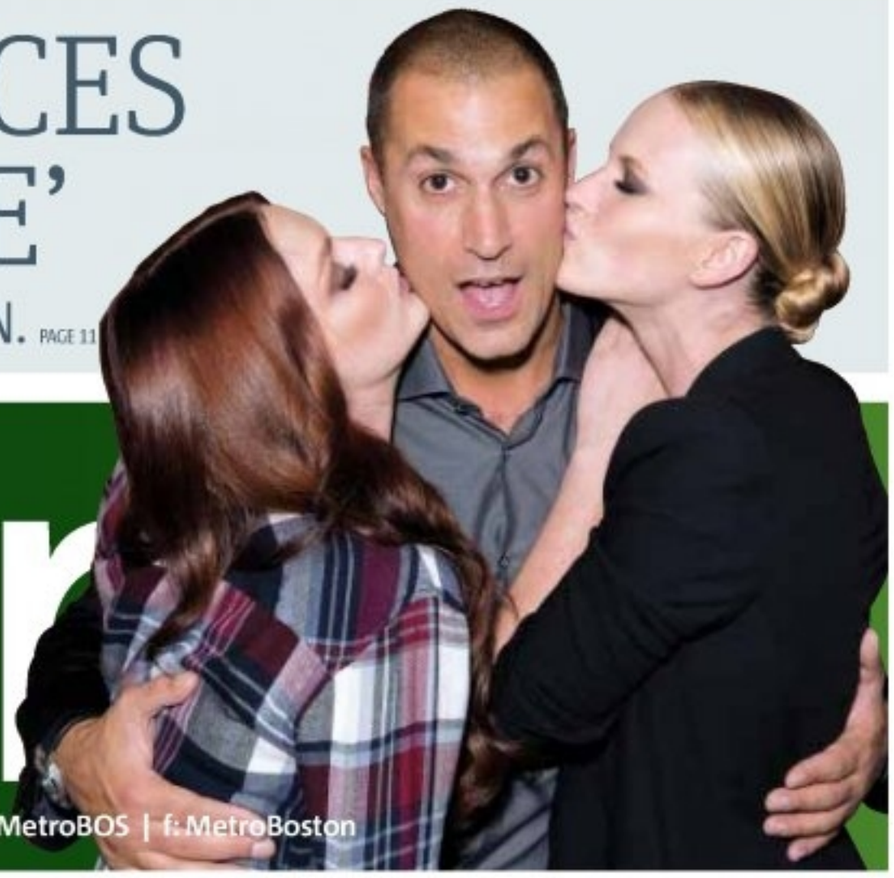
SOME NEW FACES JOIN 'THE FACE'

THESE BEAUTIES ARE KISSING IN ACTION. PAGE 11



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State drug lab report slams Dookhan, DPH management

Findings. An inspector general's report released Tuesday finds the former state chemist who tampered with thousands of drug evidence samples was a "sole bad actor." **More blame.** The report also said lab directors gave little supervision, were unresponsive to complaints and downplayed the breach. PAGE 02

So you think Drew Carey can dance?

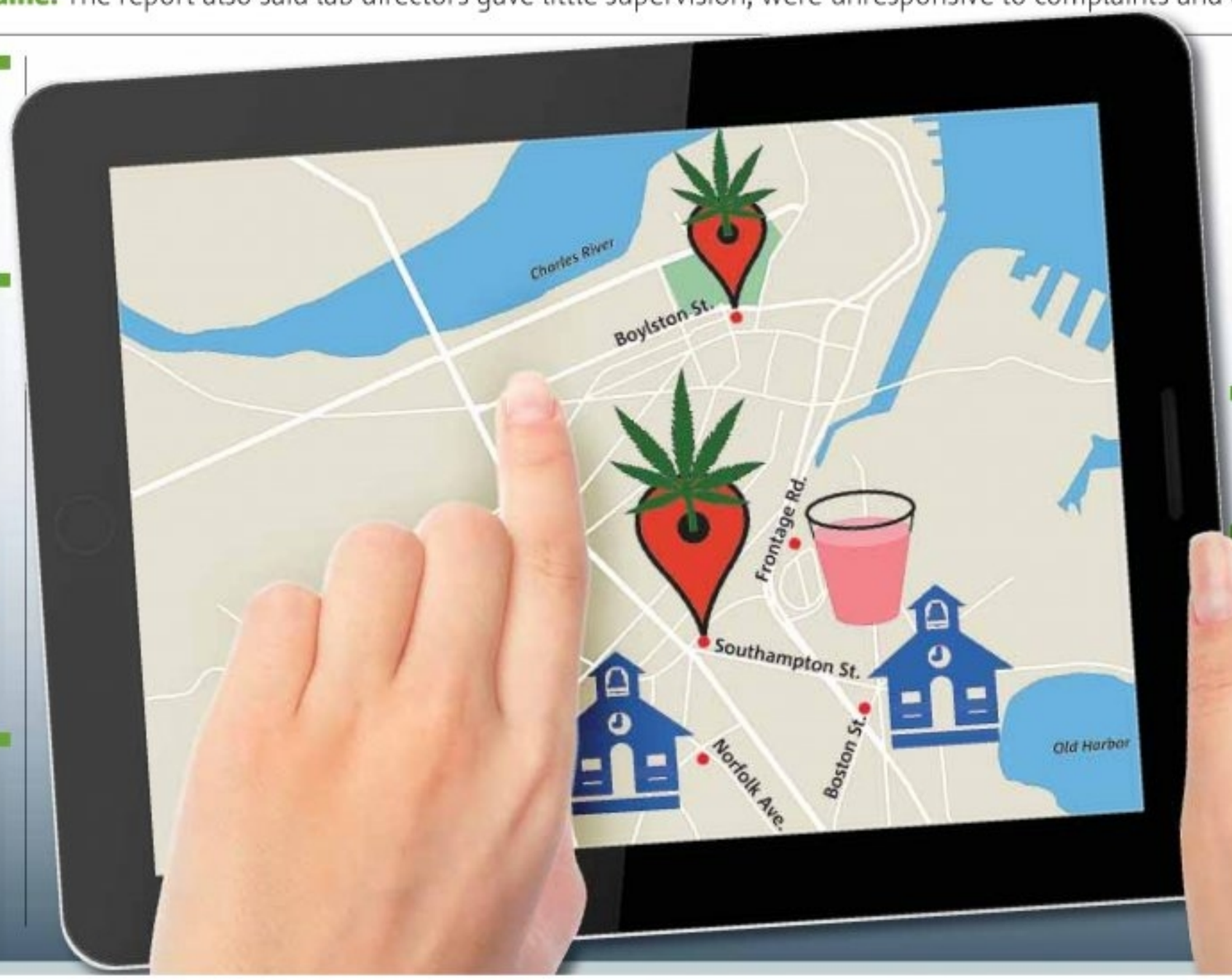
PAGE 10

'Witness Uganda' means well

PAGE 12

The Sill: Planting a great idea

PAGE 13



Hearing goes to POT

PAGE 05

CITY COUNCILORS VOICED CONCERNS OVER PLANNED MEDICAL MARIJUANA DISPENSARY SITES NEAR SCHOOLS AND METHADONE CLINICS AT A HEARING TUESDAY.

1 NEWS

Top 3

What's trending online at Metro.us

1 'The Cameron Diaz and Sofia Coppola feud comes to an end'

2 'VIDEO: Tech-savvy school kids react to old rotary telephones'

3 'VIDEO: TV news reporter gets blasted with snow from passing plow'

Today's tweet

"used to tweeting miserable circumstances involving my commute but I'm enjoying the guy next to me singing 'material girl' aloud today #mbta"

We would enjoy it, too, @samjo_

Drug lab crisis report finds 'failures' in management

Annie Dookhan. A report released Tuesday by the inspector general criticized the directors of the former state lab.

A new report by the state inspector general said a former state chemist who tampered with drug evidence samples was a "sole bad actor," but that there were management failures at the lab.

Inspector General Glenn Cunha released the report on Tuesday. It comes after the 2012 shutdown of Hinton State Laboratory Institute in Jamaica Plain, where chemist Annie Dookhan mishandled potentially tens of thousands of drug samples. Dookhan, who faced charges including obstruction of justice and falsely pretending to hold a degree, pleaded guilty last year and was sentenced to between three and five years in jail.

While it faulted Dookhan as the "sole bad actor" at the lab, it also criticized the management there. "The management failures of [Department of Public Health] lab directors contributed to Dookhan's ability to commit her acts of malfeasance," the report said. "The directors were ill-suited to oversee a forensic drug lab, provided almost no supervision, were habitually unresponsive to chemists' complains and suspicions, and severely downplayed Dookhan's major breach in chain-of-custody protocol upon discovering it."

Quoted

"The management failures of [Department of Public Health] lab directors contributed to Dookhan's ability to commit her acts of malfeasance."

Inspector general's report

The report also said the lab lacked uniform protocols, allowing chemists to "create their own insufficient, discordant practices." Additionally, training of chemists was "wholly inadequate" and the lab's drug safe was vulnerable.

Besides criticisms the report offered suggestions for improvements, including employing practices to hold supervisors accountable for employees, urging the legislature to mandate that all state forensic labs be accredited and improving training for chemists.

A special attorney appointed by Gov. Deval Patrick to review the potentially tainted cases said last year that about 40,000 cases were tied to Dookhan. Because Dookhan's mishandling cast doubt on the convictions of some drug offenders, many were released while their cases were sorted out and the drug evidence was confirmed.

The drug lab crisis also led to the resignation of a top state health official.

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Boston's Fat Tuesday celebration floats into Faneuil Hall

Faneuil Hall got into the Mardi Gras spirit Tuesday with a procession of floats, plenty of beads and several food and drink specials. Markus Ripperger, vice president of operations at Cheers Boston, prepared the Cheers float ahead of the procession to celebrate Fat Tuesday. A world-famous tradition that takes place annually in New Orleans, La., Fat Tuesday marks the day before Ash Wednesday and the beginning of Lent. / NICOLAUS CZARNECKI, METRO

Privacy concerns

Bill limiting drones before committee

Seeking limits on the use of technology by police forces, state lawmakers and civil liberties activists are pushing a bill that would regulate the use of unmanned aircraft by law enforcement and civilians.

Sen. Robert Hedlund's bill, which he said was written by the American Civil Liberties Union, requires a warrant for the use of unmanned aircraft, or drones, in criminal investigations, prohibits data collection of peaceful activity and bans the use of facial recognition technology except to identify the subject of a warrant. SHNS

Old Ironsides

Trees being prepared for USS Constitution fix

The world's oldest commissioned warship in service is set to be repaired, and special trees are being prepared to help preserve the vessel.

About 35 mature white oak trees set aside for future use by the USS Constitution were cut down and are being prepped, according to the Navy. A grove of white oak trees at the Navy's support activity facility in Crane, Ind., was officially named Constitution Grove in 1976.

The trees will be used to replace the ship's deteriorated hull planking and supporting structures. The dry-docking repairs are scheduled for later this year through 2018. METRO

Old Ironsides
NICOLAUS CZARNECKI, METRO

Driving costs. Registry fee hikes in the works

Tasked with developing a portion of its own revenue, the state Department of Transportation is finalizing plans to raise Registry of Motor Vehicle fees, in addition to the previously announced 5 percent increase in MBTA fares.

Registrar of Motor Vehicles Celia Blue told News Service that the RMV has not yet determined the size of the fee increase and will make a presentation to the state Transportation Board on March 19.

MassDOT officials in late January described the new fees as "the only viable revenue source" to close a projected $55 million budget gap. SHNS

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Nataliya L., USA Vein Clinics Patient

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Improvements are coming to Logan's international terminals. / NICOLAUS CZARNECKI, METRO

Logan terminals to get $100M upgrade

Airport makeover. Terminals C and E will get renovations as part of the new investment.

Saying that international service is the fastest growing segment at Logan Airport, Gov. Deval Patrick announced on Tuesday that Boston's airport will receive a $100 million renovation.

Patrick announced the investment, funded by Massport's capital plan, during a speech at a business summit with Massport and the Greater Boston Chamber of Commerce.

The renovation will focus on improving service for international passengers to help grow Massachusetts' global economy, Patrick's office said.

Plans call for a new post-security connector between terminals E and C, improvements to hold rooms and concessions, renovations to accommodate expanded international air service and the installation of self-service kiosks to expedite processing passports.

"Lasting growth in the 21st century global economy will come from our competitiveness in global markets," Patrick said in a statement. "These new renovations to better serve our international passengers build on our growth strategy to open up Massachusetts to new markets and will ensure that we remain competitive for many years to come."

Patrick's office said international service at Logan Airport is up 20 percent over the last 10 years and that 5.7 million international travelers passed through the airport last year, making up one in five passengers.

The renovations are expected to start in July and take two years.

Quoted

"These new renovations to better serve our international passengers build on our growth strategy to open up Massachusetts to new markets."

Gov. Deval Patrick, in a statement

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Police probe

Dog fighting investigation leads to arrest

A Dorchester man was due in court Tuesday after his arrest following an investigation into dog fighting.

Javier Ruperto, 35, was only charged with assault and battery on a public employee, but may face more charges after authorities discovered 10 dogs in his basement, the Suffolk district attorney's office said. None of the dogs were injured. **METRO**

Feel the soul. SoulCycle opens first Hub location today in Chestnut Hill

SoulCycle, the trendy, full-body cycling workout that celebrities like Jake Gyllenhaal and Kelly Ripa swear by, is opening in the Hub today at 200 Boylston St.

SoulCycle classes are taught by candlelight by instructors who aim for a mind-body connection. First-time classes are $20; after that, each is $34. Visit www.soul-cycle.com to learn more. **METRO**

A new spin on things / SOULCYCLE

Steve Sailing, who suffers from ALS, awaits his chance to testify before the Boston City Council during a meeting at City Hall Tuesday on the proposed medical marijuana dispensaries in the city. / NICOLAUS CZARNECKI, METRO

Medical pot dispensary may move

Marijuana hearing. City Council examines the locations of medical marijuana dispensaries.

After hearing concerns about its proposed location in the Back Bay, a medical marijuana company said on Tuesday that it is in negotiations for a new site.

The comments from officials at Good Chemistry of Massachusetts were made during a Boston City Council hearing to address questions and concerns about medical marijuana dispensaries planning to set up shop in the city.

Council members said they are concerned about the locations and security aspects of the potent facilities and quizzed city officials and the owners of the dispensaries.

"This is a matter that needs to be vetted in a public way," said Council President Bill Linehan.

In 2012, voters approved a ballot measure to legalize medical marijuana. In January, the Department of Public Health issued provisional licenses for 20 medical marijuana dispensaries, two of them for Boston.

One would be located on Boylston Street near the Arlington MBTA station. The other would be located across from Boston Medical Center on Southampton Street, near a methadone clinic.

A lawyer for Good Chemistry, a Denver-based company, said it is aware of the concerns of its potential Boylston Street location and is in negotiations for a second site.

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Addressing concerns

Jamie Lewis, chief operating officer of Good Chemistry, was asked by Linehan about the operation of a typical store in Denver.

- Lewis said the stores operate from 11 a.m. to 7 p.m., which is when regulations dictate they must close.
- The store has about seven employees working at any given time and serves between 50 and 60 customers daily.

St. Patrick's Day

Southie parade organizers reject pro-gay group

Saying they were misled by an LGBT advocacy group, the organizers of South Boston's St. Patrick's Day parade denied an application by the group to march in the upcoming event.

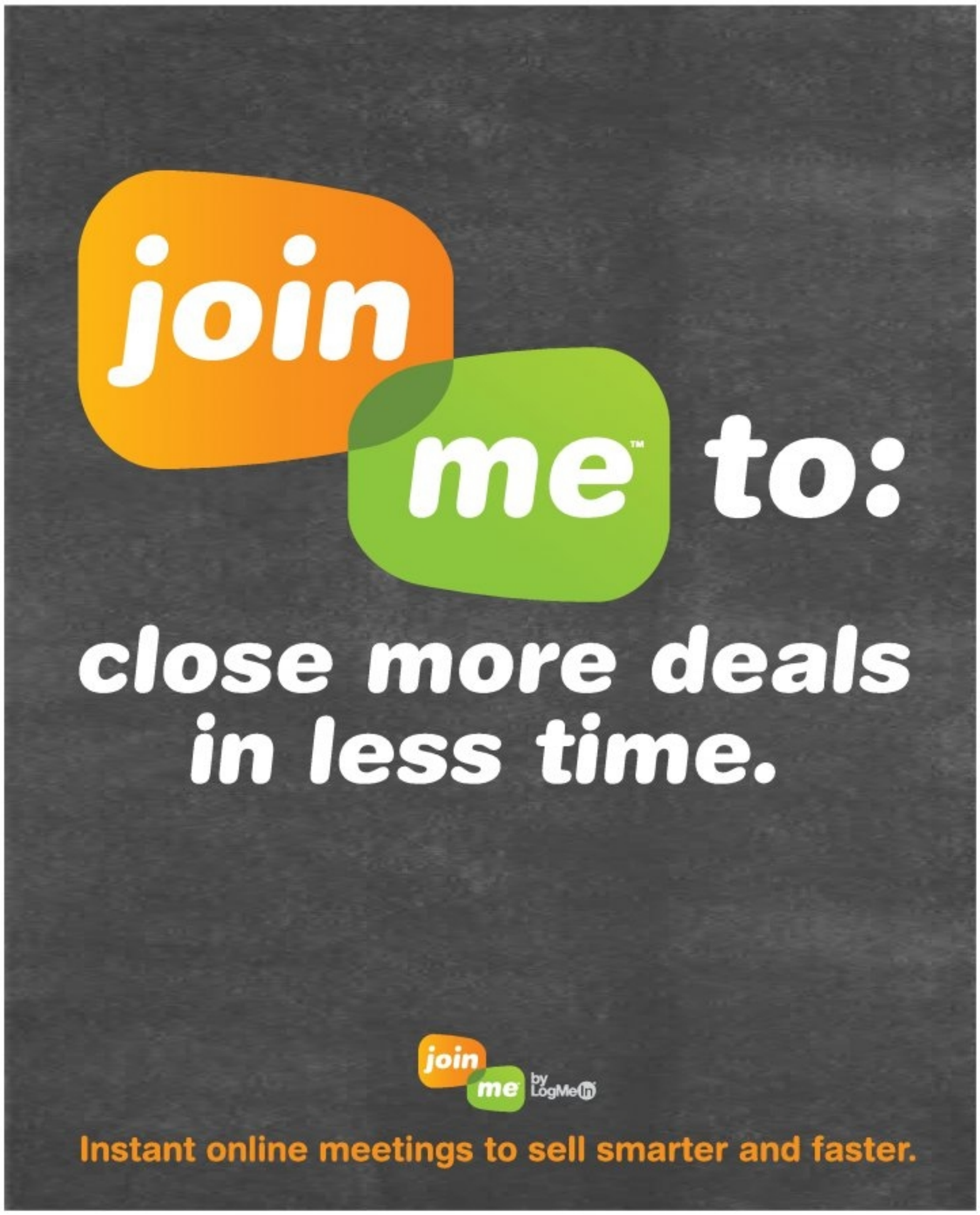
"It is our intention to keep this an Irish celebration, dedicated to our men and women serving in our armed forces. We will fight to keep our parade and its traditions," parade organizers said in a statement.

The parade has never allowed gays. NICOLAUS CZARNECKI, METRO

The denial comes after several meetings between MassEquality, the parade organizers and Mayor Marty Walsh in an effort to allow LGBT groups to participate in the parade.

A parade organizer told the Globe on Tuesday that discussions with MassEquality were over and the group would not be allowed to participate.

At issue is the parade organizers' denial of groups that want to march with displays or signs showing sexual orientation or gay support. METRO



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Not going to rain on this Fat Tuesday parade

A cold, gray day didn't deter revelers as members of Rex parade down St. Charles Avenue in the rain for Mardi Gras in New Orleans, La. Fat Tuesday, the traditional celebration held on the day before Ash Wednesday and the beginning of Lent, is marked in New Orleans with parades and marches through the city. Float riders often toss out "throws," or inexpensive trinkets like strings of beads, to spectators along the route. / GETTY IMAGES

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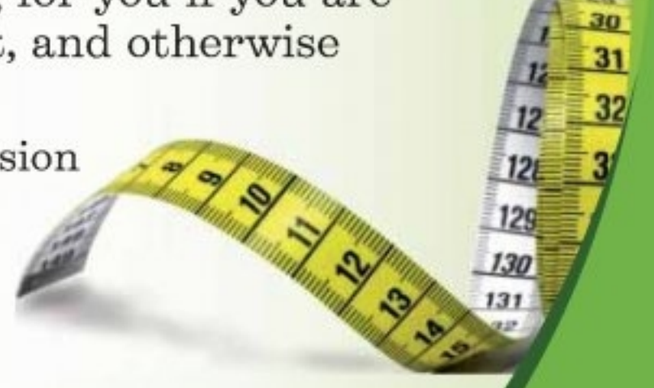

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Obama: Putin move into Ukraine is not a sign of Russian strength

A helping hand.
Obama urges Congress to back an aid package for Ukraine.

President Barack Obama said on Tuesday that Russian President Vladimir Putin's intervention in Ukraine is not a sign of Russian strength rather a reflection of the deep concern Russia's neighbors have about Moscow's meddling.

In remarks to reporters, Obama ridiculed Putin's justification for any Russian military action in the Crimea region of southern Ukraine.

Putin has denied that Russian armed forces were directly engaged in the bloodless seizure of Crimea but said he has the right to send in military forces to protect Russian nationals. Obama has called Moscow's moves a violation of international law.

Obama, who has drawn ire from Republicans for his handling of Ukraine, rejected suggestions that the Russian move was a clear strategic step.

"I actually think that this has not been a sign of strength but rather a reflection that countries near Russia have deep concerns and suspicions about this kind of meddling and if anything will push some countries further away from Russia," he said.

Obama said a U.S. aid package is aimed in part at making sure Ukraine has elections and that legitimate elections should show the country is able to govern itself.

He urged Congress to back the aid package. REUTERS

Russian Navy ships are docked in the Sevastopol Bay. Russian forces have surrounded Ukrainian military bases across Crimea. / GETTY IMAGES

Actions in Crimea

Putin: Military force would be 'last resort' in Ukraine

President Vladimir Putin delivered a robust defense of Russia's actions in Crimea on Tuesday and said he would use force in Ukraine only as a last resort, easing market fears that East-West tension over the former Soviet republic could lead to war. REUTERS

Quoted

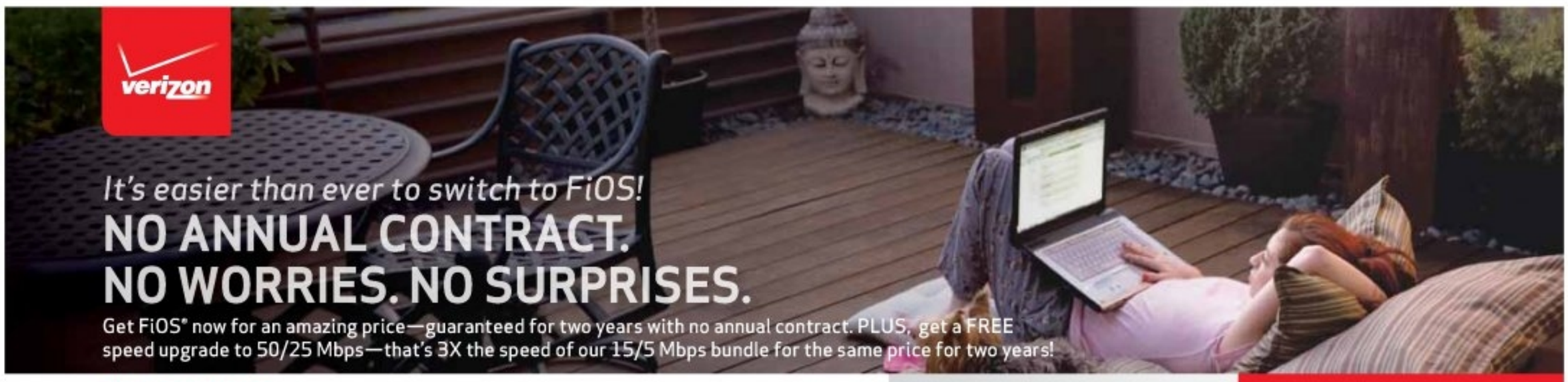
"President Putin seems to have a different set of lawyers making a different set of interpretations. ... But I don't think that's fooling anybody." Obama

Foreign policy

Obama's caution may sway midterm election

With Russia's incursion into Ukraine reviving Cold War-style tensions, President Barack Obama's credibility is at risk when he can least afford it: as he tries to convince voters to stick with his fellow Democrats in congressional elections that will help shape his legacy.

Facing his toughest test yet in Ukraine, Obama is once again being portrayed as a weak leader, outmaneuvered by a wily, opportunistic Russian president. REUTERS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Facebook in talks to acquire drone company

Online for all. Social media giant wants to connect people in underserved areas.

Facebook Inc. is in talks to buy drone maker Titan Aerospace for $60 million, according to media reports.

The high-flying drones would give Facebook, the world's No. 1 social media website, the ability to beam wireless Internet access to consumers in underdeveloped parts of the world, according to the technology blog TechCrunch, which first reported the deal late on Monday, citing an anonymous source.

Titan Chief Executive Vern Raburn declined to comment on whether Facebook was buying the company or a large order of its planes.

"I can't comment one way or the other," Raburn said in a telephone interview.

Titan is developing a variety of solar-powered "atmospheric satellites," according to the company's website, with initial commercial operations slated for 2015. The drones fly at an altitude of 65,000 feet, can remain aloft for up to five years and have a 165-foot wingspan. REUTERS

Users

1.2B

Facebook has 1.2 billion monthly users.

Facebook is working on bringing wireless Internet to developing countries. / PHOTO ILLUSTRATION, GETTY IMAGES

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Pay my way

NJ teen loses first legal battle to parents

A New Jersey student who says her parents abandoned her when she turned 18 lost the first round on Tuesday in the lawsuit she filed against them for school costs and living expenses, in a case that could set a precedent for a family's obligation to support a child who has left home.

A family court judge denied a request by Rachel Canning of Lincoln Park, N.J., to have her parents temporarily resume paying her tuition and living expenses. He set another hearing date for next month. REUTERS

Merger review nears.

Comcast expands Internet for low-income families

Comcast said its discounted Internet service for low-income families will be available indefinitely, a move that should please federal regulators as the company seeks approval for its $45.2 billion takeover of Time Warner Cable.

Internet Essentials is Comcast's broadband Internet program for some low-income families with children. It costs $9.95 a month and offers a discount with other perks.

The program has enrolled about 300,000 families since it launched in 2011. Some 2.6 million U.S. families are eligible, according to Comcast.

It was originally expected to run through the end of the 2013-14 school year. REUTERS

Retaliation

Supreme Court Justices extend employee whistleblower protections

The Supreme Court ruled that whistleblower protections apply broadly, saying that employees of subcontractors, including investment advisers, law firms and accounting firms, should also be protected from employer retaliation.

The justices voted 6-3 in a ruling that extends whistleblower protections beyond employees of publicly traded companies.

The three dissenting justices said the ruling had a "stunning reach" that could give protection to household employees like babysitters.

In the decision, the justices were interpreting part of the Sarbanes-Oxley Act, the Wall Street reform law that sets standards for all national publicly traded company boards, management and public accounting firms. REUTERS

Advertisement

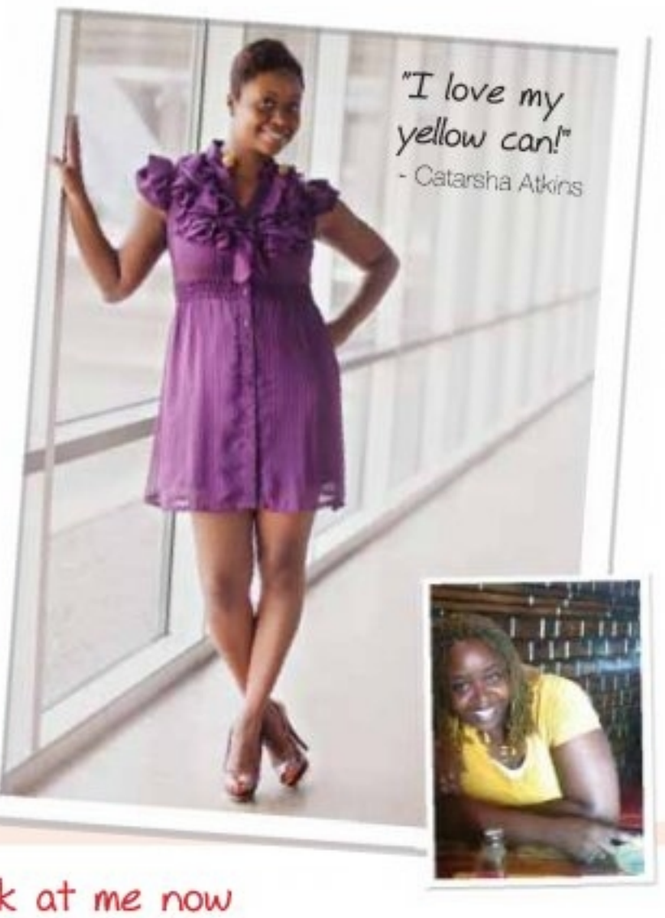
Germany's Most Popular Weight Loss Plan

Say goodbye to that sluggish metabolism

The conversion of food to energy is what helps us burn calories, get rid of excess pounds and keep weight off. In a perfect world, our metabolism would be untouchable and we would never have to worry about unwanted weight gain, but in reality, our metabolism can be affected by a number of factors including: Diet, stress, and sleep deprivation.

If you find yourself making a number of changes but still not noticing a difference, your metabolism could be to blame. The key to successful and sustainable weight loss is to reset your metabolism at the beginning of your diet and to keep it active. The unique gluten-free Almased formula, made from non-GMO soy, yogurt and honey in a special fermentation process helps you achieve just that!

Created over 25 years ago by German holistic therapist Hubertus Trouillé, Almased has become Germany's most popular diet product. With Almased, you can lose weight without hunger or cravings and feel more energized and youthful in the process. Almased contains no artificial fillers, flavors, added sugars, preservatives or stimulants. The formula can even be used by people with diabetes. Its positive effects have been documented in over ten years of clinical studies. The program is easy to follow and the results will amaze you - give it a try! Almased is more than a diet, it's a way of life.



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Replace all 3 meals with an Almased shake (8 Tbsp Almased and 1-2 tsp of oil mixed in 10-12 oz of liquid each). In addition, drink plenty of vegetable broth.

Week 2 and Beyond

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2
CULTURE
Behaving badly?
Which star, fresh out of rehab, partied at the Oscars?
While Zac Efron may have attended the Academy Awards festivities Sunday night with a sober coach in tow, recent rehab resident Selena Gomez reportedly let loose at the Vanity Fair Oscar party, according to Radar Online. The "Spring Breakers" star was "drinking constantly throughout the entire party when I saw her," a source says.

Get ready to tango with the new cast of "Dancing with the Stars." / ALL PHOTOS GETTY IMAGES

'Dancing with the Stars' announces new lineup

There will be big changes to Season 18 of "Dancing with the Stars." As it was reported last week, Erin Andrews is the new co-host of the reality TV dance series — replacing poor Brooke Burke-Charvet, who was unceremoniously booted for the hot blonde. The unsinkable Tom Bergeron will still be there.

In addition to Andrews, the new cast was just announced yesterday (see sidebar). And hey, look who it is: Sochi gold medal winners Meryl Davis and Charlie White. ABC is playing it up that the Olympic ice dancers will be competing against one another, hopefully so we'll overlook that the two are, um, trained dancers at the pinnacles of their careers.

I'm no reality TV/sports expert, but isn't the shtick of "DWTS" that "celebrities" are teamed with professional dancers? Doesn't having trained dancers and trained dancers compete together stack the deck a bit? Or will thinking too deeply about an ABC reality TV program about ballroom dancing only cause me pain?

Dance machines

- "Real Housewives of Atlanta" star NeNe Leakes. Dance partner Tony Dovolani
- Olympic figure skater Meryl Davis. Dance partner Maksim Chmerkovskiy
- Olympic figure skater Charlie White. Dance partner Sharna Burgess
- Drew Carey. Dance partner Cheryl Burke
- Candace Cameron Bure. Dance partner Mark Ballas
- Retired hockey player Sean Avery. Dance partner Karina Smirnoff
- Singer James Maslow. Dance partner Peta Murgatroyd
- Long-distance swimmer Diana Nyad. Dance partner Henry Byalikov
- Danica McKellar. Dance partner Val Chmerkovskiy
- Billy Dee Williams, aka Lando Calrissian. Dance partner Emma Slater
- Pop singing sensation Cody Simpson. Dance partner Witney Carson
- Snowboarding champ (and double amputee) Amy Purdy. Dance partner Derek Hough

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The 'Real Housewives' of the big house

Teresa and Joe Giudice are going to prison.

The "Real Housewives of New Jersey" couple pled guilty to a litany of charges yesterday as part of a plea deal. The charges include conspiracy to commit mail and wire fraud, bank fraud, making false statements on loan applications and bankruptcy fraud. The indictment also charged Joe Giudice with failure to file tax returns from 2004 through 2008. During that time he allegedly earned nearly $1 million. It's possible that Teresa could go to jail for 21 to 27 months, while Joe faces 42 months and possible deportation.

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Budding models ‘Face’ the competition

See more at www.metro.us

TV. Anne V and Lydia Hearst sign on as coaches for season two of “The Face.”

A new season of supermodel search “The Face” is premiering tonight, and this time industry vets Anne V and Lydia Hearst will join Naomi Campbell as coaches on the show. The highly successful models will compete against each other to find the next new “face” — a model who will win a contract with Frederic Fekkai salons. Each coach is tasked with assembling a team of hopeful young girls and will guide them through different challenges each week.

“I know it’s a reality show but there’s so much good in it,” says Anne V. “I’ve always tried to help as many young girls as I could because I never really had a mentor when I started out. I just thought it was a really great opportunity of spreading my knowledge to the young generation, because you forget how tough it is out there.”

Hearst also wants to pass her experience on to the girls, as a famous friend and mentor did for her when she was a rookie in the fashion world.

“I was lucky that when I first started out in fashion I did have a friend and a bit of a mentor, who was Carol Alt. One of the pieces of advice that she gave me that still to this day stands out in my head was that you have to really focus on the now and stop focusing on the next thing, because it’s so easy to lose sight of everything that’s happening right now,” she says.

Making tough decisions

Looking for that ‘it girl’ quality

As for the team the two models have picked, they’ve each tried to find four girls who stand out in their own ways.

“I was looking for more unique characteristics and qualities and wanted to see, in a sense, a little bit of myself — that inner light, excitement and determination,” says Hearst.

“And I was looking for some consistent girls, someone who really wanted to be better and would do anything to stay there, but also has elegance and class. I wanted girls who wanted to be great women overall, not just great models,” says Anne V.

Overall, the contestants will need to push themselves to the edge throughout the season, the supermodels assure. The aspiring models will have to do window display poses for Juicy Couture, a little bit of choreography, script work and, of course, runway walking.

LASSE KRISTIANSEN
letters@metro.us

Quoted

“I’ve always tried to help as many young girls as I could because I never really had a mentor when I started out. I just thought it was a really great opportunity of spreading my knowledge to the young generation, because you forget how tough it is out there.” Anne V

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2/14-17 Bolton Valley
2/15 Jay Peak
2/16 Sunday River
2/19 Sunday River
2/21-23 Sugarloaf
2/22 Stowe
2/23 Loon
2/26 Bretton Woods
2/28-3/2 Sunday River
MARCH
3/1 Jay Peak
3/2 Sunday River
3/5 Killington
3/7-9 Sugarloaf
3/8 Stowe
3/9 Jay Peak
3/12 Bretton Woods
3/15 Sunday River
3/16 Loon
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From left, Tyrone Davis, Jr., Kristolyn Lloyd, Griffin Matthews, Emma Hunton, Nicolette Robinson and Jamar Williams star in "Witness Uganda." / GRETTEN HELENE PHOTOGRAPHY

You should witness 'Witness Uganda'

Review. Director Diane Paulus makes it spirited enough that it takes time to realize the flaws with Griffin Matthews' script.

There's no denying that the American Repertory Theater's world premiere of "Witness Uganda" is a rousing, spirited production that challenges you to think.

Unfortunately, you can get so caught up in the emotional wallop of the piece, courtesy of the studied, almost sleight-of-hand direction of the extraordinary Diane Paulus, that you only notice the book's shortcomings well after the fact.

The semi-autobiographical tale of Griffin's (co-creator Griffin Matthews) post-baccalaureate search for meaning in his life leads him to Uganda where, as a relief worker, he confronts the challenges of attempting to change the world. He's also gay, which poses an entirely different set of challenges in the lethally homophobic environs of Uganda.

Griffin opts to exploit rather than explore the issues of sexuality with clichés, caustic, eye-rolling quips and delivery of lines like "I'm a tenor" with a flamboyance not unlike Jack in TV's "Will and Grace." Authentic exploration of the truth seems to have gotten lost in the kind of sass that breeds age-old stereotypes. The piece also teeters on melodramatic at times, though Paulus thankfully keeps it from becoming a cartoonish tale populated by larger-than-life superheroes.

Matthews nicely captures the Ugandan reaction to young American aide workers through Joy (Adeola Role) who tearfully bids them farewell then immediately forgets them. Most only visit once, and rarely listen.

Griffin does create change, but only when he learns how to go about it. The real teachers are the students, who are played with compassion and compelling authenticity.

While their stories and this impressive production will inspire you, it feels like something's missing at the core.

If you go

'Witness Uganda'
American Repertory Theater,
64 Brattle St., Cambridge
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NICK DUSSAULT
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'Plants make people happy'

Interior decor. The Sill inspires urban dwellers to bring the outdoors into their homes with creative green designs.

Trends
"Fiddle leaf fig trees are everywhere," says Blank. "Cacti, more so than succulents. And anything vertical or hanging on the wall. There's just more plants in home decor in general, too!"
Great places to find pots:
• Sprout Home
• Etsy
• John Derian
Attractive planters are key to a homey look, so don't leave your new green friend in a plastic pot. / COURTESY OF THE SILL

Live in an apartment facing a dingy brick wall?

That's the view Eliza Blank shared with her dorm mates when she moved from rural Massachusetts to New York as a freshman at NYU — and one that many urban dwellers are all too familiar with.

"We had very little light and all I really wanted was a plant. I felt that was immediately going to make me feel more at home," says the now 28-year-old.

Finding just the right greenery for her gloomy digs was the impetus for The Sill, the New York-based company she founded 18 months ago that brings artfully designed houseplants right to a customer's front door.

Sign up for a free consultation and a plant specialist will come to your home, assess your light, your lifestyle (Do you travel a lot? Do you install an air conditioner in that window come summer?) and talk to you about your aesthetic — the design factor is what separates The Sill from, say, purchasing a plant from the hardware store or the fancy florist down the block.

After the initial consultation, Blank will send over a proposal recommending plants — and the planters — that best complement your decor and living situation. The company works with local potters and artists to create its own line of ceramic pots, as well.

"We really approach it like designers," says Blank. "The Sill provides inspirational imagery and more time and attention toward communication of how to care for the plants. And we focus a lot more on design elements of the planters. It's just so much more thoughtful and curated than going to a Home Depot."

And about that brick wall? Blank says a snake or ZZ plant will be right at home. For more suggestions on low-light plants, check out the handy chart below.

The cost

$500

Onsite design services aren't cheap — projects have a $500 minimum. But you can also purchase just one or two items from your proposal if that's what your budget allows. A single hand-potted plant starts as low as $38, says Blank.

TINA CHADHA
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tina.chadha@metro.us

House plants for your sill:

Bright light
- Fiddle Leaf Fig Tree
- Succulents & cactus
- Ponytail Palm

Medium light
- Peperomia
- Hoya
- Dracaena reflexa

Low light
- Snake Plant
- ZZ Plant
- Pothos

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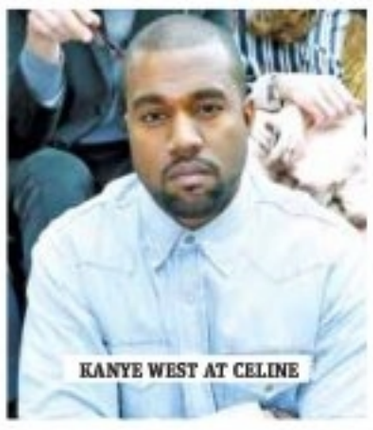
Spotted. Front row at Paris Fashion Week

JAMES RIGHTON AND KEIRA KNIGHTLEY AT CHANEL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4 Things to know about the Chanel show

Cara Delevingne and Karl Lagerfeld might grocery shop later.

1 It was held in a supermarket. OK, it wasn't exactly a supermarket, but an elaborate set designed like a Chanel superstore at the Grand Palais in Paris, with aisles full of everyday kitchen staples including Karl-branded spaghetti. It was the perfect setting to introduce different types of shoppers because, well, we all eat, right?

2 Crop tops and sneakers ruled. The same Karl Lagerfeld who once told us that wearing sweatpants is the equivalent to giving up on life showed some eyebrow-raising casual looks for fall. Like his couture show, the iconic designer paired colorful sneakers with everything from crop tops and distressed leggings to sublime ladylike skirt suits giving off a very "Working Girl" vibe.

SNEAKERS

But before you go thinking the house is disembarking from luxury — it is, after all, known for the ultimate status symbol, the quilted 2.55 bag — models came down the aisles in the most divine, voluminous, multicolored coats, some with rounded shoulders and nipped waists. They were basically the kind of outerwear you could throw over pajamas and it wouldn't matter.

3 Karl does streetwear. The sportier feel didn't stop with the sneakers. Other elements — utilitarian pockets, zipper details and even quilted puffer coats — gave the collection an urban edge.

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KENDALL JENNER WALKED THE SHOW.
ALL PHOTOS GETTY IMAGES

Side-scroller. Everything old is new again (again)

Do you hear that? That's the endless march of time, preparing to rip everything we hold near and dear asunder. Instead of dealing with this inscrutable fact, let's dive into new entries in our favorite childhood gaming franchises. Ah, to be young again.

'Castlevania: Lords of Shadow 2'

System: PS3/Xbox 360
Company: Konami

The original "Castlevania" dates back to the early days of the NES, meaning it was a contemporary to "Max Headroom," "Rambo" and that one Falco song about Amadeus. The franchise's classic formula of side-scrolling castle exploration practically invented its own genre. In 2010, however, the series was given a modern "God of War"-esque makeover.

The sequel manages to be competent enough, but at the expense of any leftover charm in the franchise. The graphics are still great, but the gameplay is convoluted, mixing in frustrating stealth sections. Oh, and now you fight dudes with machine guns instead of swords.

'Donkey Kong Country: Tropical Freeze'

System: Wii U

The latest installment of "Castlevania" is fine but overly complicated. / KONAMI

Company: Nintendo

The first "Donkey Kong Country," released in 1994 on SNES, was, more or less, the last great gasp of the side-scrolling platformer. Until now, that is. Retro platformers are all the rage these days and the King of Kong is back to reclaim his throne.

The level design here is top-notch, giving stages a multi-tier feel. For an "old-school" title, the game looks and plays great. The only downside? This game is brutally difficult. LAWRENCE BONK

Mobile. Google builds on Lego success with forthcoming phone

Google, which you may remember from its part in every facet of human existence, announced recently it is getting in the modular phone game. What's a modular phone? Essentially, it's a smartphone that breaks into pieces, each piece providing a function. The benefit here is that you only pay for what you want and each item is easily upgradable without having to get a whole new phone.

The company is calling its Lego-like phone, which is still in the early stages of development, Project Ara. The company plans on setting up kiosks around the country (and world?) where people can upgrade their phones on the quick. The Big G also says it wants to sell the base model for about 50 bucks. Of course, who knows what constitutes a base model? Maybe it's just the volume slider. LAWRENCE BONK

Google aims to be in every single aspect of your life, including modular phones and perhaps even carpets? / GETTY IMAGES

What to expect from the new nutrition labels

The FDA proposed changes on Thursday. / FUSE

Diet. Plus, learn how to read them.

On Thursday, the White House and Food and Drug Administration proposed edits to nutrition labels that haven't undergone major changes in 21 years. The groups aim to make calories more prominent on the label, differentiate between added and natural sugars and modify serving size information, among other changes.

First lady Michelle Obama supports the changes.

"You as a parent and a consumer should be able to walk into your local grocery store, pick up an item off the shelf and be able to tell whether it's good for your family," she said Thursday.

Health groups like the American Cancer Society have already applauded the proposed changes. CEO John Seffrin said in a release that the changes will make it easier for Americans to choose healthier food when they're grocery shopping.

The Academy of Nutrition and Dietetics agrees. Academy president Dr. Glenna McCollum said in a statement that the move is "a big win for consumers" and "long overdue."

Actual edits to nutrition labels may take two years to implement, administration officials said. Proposed changes will be under a 90-day comment period.

So what does it all mean for you? We asked registered dietitian Rachel Berman from About.com to explain.

What's the most important change you want to see?
I would love to see added sugar and natural sugar separated out. Added sugar is considered discretionary calories that we really need to monitor. Food items with added sugar are indicative of being more processed versus natural foods. It will be a way to quickly see that without having to read the ingredient label.

I also think we might see some other types of nutrients become mandatory. Potassium — a mineral necessary for cardiac function — is not mandatory. Americans are not getting enough potassium to maintain heart health.

What are the most important numbers to look for on a label?
I think total calories per package and per serving. Fiber is really important. Americans are not getting enough. Take a look at total fat. A quick way to see if it's a lot is, if it's more than 20 percent, it's considered high for fat, and 5 percent or less is considered low. Maybe some kind of color coding could be helpful.

What are your best tips for reading a label?
People can get absorbed in the numbers. Instead of obsessing over how many grams you are supposed to be eating, use the numbers as a comparison when deciding between two products. For example, if you're trying to get more fiber in your diet, choose the cereal with higher grams of fiber per serving.

LASSE EMIL KRISTIANSEN
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Info overload

What are the problems with the current nutrition labels?
There is too much information. The nutrition food label really is a tool for how we eat. The addition with trans fat to the label in 2003 is actually what drove people to stop eating so much trans fat. The label can be a really important tool for change. Color coding can make a big impact on consumers.

RACHEL BERMAN
PROVIDED

Floss on. Take care of your teeth and your whole body will benefit

Dr. Gereau-Haddon advises swishing and swashing oral probiotics. / STOCKBYTE

If a friend says you have bad breath, don't take offense. That friend could be saving your life, or at least helping to improve your health.

"Those little bugs that cause bad breath can be so harmful to the rest of your body," says Dr. Sezelle Gereau-Haddon, an otolaryngologist (ear, nose and throat doctor) and integrative medicine specialist at New York's Mount Sinai Beth Israel hospital. "The mouth is the gateway to your body. Bad breath can be a warning to take action to stay well."

Good oral health and whole body health have become a focus for the medical community at large (March 20 marks World Oral Health Day). Because arterial plaque matches microorganisms in tooth plaque, dental health is known to affect heart health. A number of illnesses, including osteoporosis, oral cancer, arthritis and allergies are also linked.

"I often see an association in patients, particularly in allergy and autoimmune disease," says Gereau-Haddon. "It makes perfect sense. The body calls out its soldiers to fight the invaders, but the body doesn't understand that the attack is in the mouth and so it turns on itself elsewhere."

For general health, controlling periodontal disease via daily brushing (two minutes each time, twice a day!) and flossing (daily) is an important part of basic care. And you can take it one step further.

"I advise [oral] probiotics to swish in the mouth to fight bacteria," Gereau-Haddon says. "Then swallow, so the gut gets the good bacteria." LINDA CLARKE

Minty fresh

New toothpaste we love

Available in Lime Spearmint Zest, Mint Chocolate Trek and Vanilla Mint Spark, Crest's new Be collection puts some pizzazz into your paste. We tested the Vanilla Mint Spark flavor and found it very reminiscent of a white Tic Tac.

Answers

1. A. The Wendy's small chili and plain baked potato combo is the only option listed that clocks in under 500 calories (FYI: B weighs in at 685 calories, C weighs in at 790 calories). Bonus: The beans in the chili and potato skin provide filling fiber to help keep you satiated for hours. Don't like chili? You can easily find nutrition information for all fast food chains online, so check the offerings at your favorite spots and stick with meals under 500 calories for an occasional fix.

2. B. Hot sauce! This fiery condiment contains an ingredient called capsaicin, which has been shown to slightly rev metabolism and suppress hunger. Kick up the heat and add this hot flavor enhancer anywhere you can — a few dashes to eggs, into soups and stews, or mix it with hummus.

3. C. Pizza is your best choice, since two small standard slices will only cost you 650 calories (compared to 1,040 for the wing/dip combo and 800 for a few handfuls of chips with creamy traditional artichoke dip). And since pizza feels more like a meal than a snack, it tends to be more satisfying. Plus, you can easily count the number of slices you eat, but are likely lose track of how many chips or wings you've chomped on throughout the evening.

4. C. String cheese and an apple is the winning choice. While all three are healthy (low-calorie) snacks, the string cheese and fruit combo has the added bonus of protein. Having protein and fiber in the afternoon helps to keep you feeling full and satisfied until dinner.

TEST YOUR CALORIE SAVVY

Yes, you can have pizza and still watch your waistline. / FUSE

Think you have the 411 on trimming belly fat and achieving rock-hard abs? Check out these brain-boggling trivia questions and see how much you really know.

1 Every once in a while, you're short on time and need to grab a fast-food meal. Which of the following items contain fewer than 500 calories and will help you drop pounds most effectively?
A. Wendy's Chili + Baked Potato
B. McDonald's Southwest Crispy Chicken McWrap + Apple Dippers
C. Chipotle Burrito Bowl with chicken, beans, brown rice, veggies, cheese and guacamole

2 Which of these condiments can boost your metabolism?
A. Hummus
B. Hot sauce
C. Dijon mustard

3 You're at a party and the host has generously provided a wide spread of munchies. Which is the best choice to indulge in?
A. A plate of chicken wings with blue cheese dip
B. A few handfuls of tortilla chips with artichoke dip
C. Two small slices of pizza

4 While all of these are great afternoon low-calorie snacks, which is the best when it comes to losing weight and blasting belly fat?
A. Light popcorn
B. Sliced carrots with low-calorie ranch dressing
C. String cheese and an apple

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*Advocates can provide you with psoriasis education and resources and offer support, but cannot provide medical advice or replace your conversations with your health care provider.

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An Annual Dental Exam: Important for More than Finding Cavities or Gum Disease

By Dr. Michael Kahn

A comprehensive annual dental examination is very important for your overall health as well as your dental health. An unhealthy mouth may contribute to your susceptibility to other diseases, especially if it affects your immune system's ability to fight off disease.

Most people think **a regular checkup** examination at the dentist **is important for getting your teeth cleaned** as well as **checking for cavities** and, possibly, **early discovery of periodontal (gum) disease.** It is important to accomplish those things but, in addition, **other infections, benign tumors, or even cancerous growths or their precursors can be detected earlier or before they become serious.** During a comprehensive examination, a dentist not only looks at your teeth and gums, but also at the rest of your mouth's tissues to make sure other disease, both relatively harmless and potentially very serious, is not present. Dentists are trained to detect disease at its earliest stages, when it can most easily be treated. Also, besides your mouth, a well-trained dentist examines the throat area behind your mouth for abnormal growths and the skin of your face and neck for suspicious growths and abnormal lymph nodes.

Recently, in addition, to the most well known risk factors for mouth cancer, namely smoking and alcohol abuse, a **new risk factor, human papillomavirus (HPV), has become increasingly common for causing throat cancer.** This type of cancer especially affects men and arises approximately 5-10 years earlier (age 40-50) than mouth and throat cancer in men and women due to smoking and alcohol. HPV-associated throat cancer is thought to be acquired by HPV transmitted from the genital region and often is asymptomatic (i.e., although it exists, it fails to show the noticeable symptoms and signs with which it is usually associated).--That's why it's important for you to have a well-trained dentist conduct a comprehensive head and neck soft tissue examination at least once a year.

Tufts Dental Associates not only has the general dentists and specialists to provide thorough comprehensive dental examinations and a broad range of dental procedures but also has the experience and expertise to provide the treatment and management of any benign or cancerous lesions detected during routine examinations or ongoing care.

Dr. Michael A. Kahn is a boarded Professor and Chairman of the Department of Oral and Maxillofacial Pathology, Oral Medicine, and Craniofacial Pain at Tufts University School of Dental Medicine in downtown Boston. He teaches and trains dental students and residents in oral pathology and is lab director of Tufts Oral Pathology Services. Oral Pathology is one of the nine American Dental Association recognized clinical specialties and deals with the diagnosis and management of diseases of both the soft and hard tissues of the mouth.

Dr. Kahn also sees patients privately at Tufts Dental Associates, the full-service faculty practice at Tufts Dental School. Tufts Dental Associates offers a full range of general and specialty dental services within one practice.

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The Faculty Practice at Tufts University | School of Dental Medicine

Horoscope

♓ Pisces | Feb. 19-March 20. Your involvement in charitable organizations will help raise your profile. The result will encourage you to increase your efforts.

♈ Aries | March 21-April 20. You will be able to improve your position through the power of persuasion. Share your views, and stress the positive results that will ensue if your plans are put into action.

♉ Taurus | April 21-May 21. Opportunities will come your way if you share your aspirations with others. You may have to make some minor adjustments to your plans, but in the end, you will achieve the desired outcome.

♊ Gemini | May 22-June 20. Concentrate on your duties, and use discretion when speaking your mind. Don't be tempted to join in a heated discussion.

♋ Cancer | June 21-July 22. You are a talented individual with a unique way of helping others. Unleashing your creativity will enable you to offer significant improvements and solutions. Your generosity will be inspiring.

♌ Leo | July 23-Aug. 22. Listen to those around you. You will discover information pertinent to a decision that you need to make.

♍ Virgo | Aug. 23-Sept. 22. Your inquisitive nature is looking for a new creative outlet. Explore new activities you find stimulating in order to meet people with similar interests.

♎ Libra | Sept. 23-Oct. 22. Take on a task that's been hanging over your head for too long. Stop making excuses and start acting so you can move on to more pleasurable activities.

♏ Scorpio | Oct. 23-Nov. 21. To maintain your good reputation, you should acquaint yourself with all the relevant information required prior to engaging in a new venture.

♐ Sagittarius | Nov. 22-Dec. 21. Your leadership prospects will be improved if you are a team player. Establish yourself as a hard worker. Someone who is easy to get along with could be a valuable asset to your cohort.

♑ Capricorn | Dec. 22-Jan 20. Spend time with people who inspire you. A meaningful relationship is based on mutual interests and ideals. Sharing your ideas will improve your connection to someone special.

♒ Aquarius | Jan. 21-Feb 18. Avoid anyone trying to meddle with your plans. Rather than go along with someone else's ideas, you should fulfill the projects that are important to you. BERNICE BEDE OSOL

Letters

Iditarod about bringing capitalism to the frontier

One of the esteemed participants in the Iditarod, Dan Seavey, aka Boppa, gives history lectures at every checkpoint of the race to quash the myth that it commemorates a 1925 rescue mission to bring serum to Nome during a diphtheria epidemic. According to Ben McGrath in his New Yorker article of April 22, 2013, "The White Wall," the inaugural race in 1973 celebrated frontier capitalism.

MICHELLE RACCAGNI, VIA EMAIL

Take a cue from Russia

I was watching what happened in Ukraine, and was astonished to see that the U.S. had given money to some strange people in a crowd. Now we know that those people are provocateurs, employed by somebody to destabilize the situation in the country. How many times has America put its nose into the internal affairs of other countries? How many times was this nose been beaten? But still, there is no lesson learned. What did Sen. John McCain do in Ukraine? He is the worst enemy of Russia. Who invited him? Russia and Ukraine are brothers, by all meanings. Ukraine protested against the corrupt government of the grand thief Viktor Yanukovich. Why did the U.S. and the European Union put their noses there? Did Russia, when there were riots in Los Angeles after Rodney King's trial that left [dozens] dead? How about December's suppression of leftist protesters in Germany, where about 600 men were beaten by police? Did Russia protest, or send money to leftists? Don't even think about interfering. You have no idea what is going on there, you don't have the slightest clue who started the fighting — so just shut up!

NIKOLAS MOSTONIKAS, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

		5				1		
		8		1	2		5	9
2		7		9		3		
1		4						
	5		1		7		9	
						8		7
		1		5		4		3
9	8		6	2		5		
		2				9		

		9	4					
6	4		7				1	
	7				5	8		
	1	5	8	7			3	
2								8
	3			5	9	1	2	
		1	9				5	
	2				7		6	9
					4	7		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across
1 Feudal tenant
7 Apply makeup
10 Duffers' goals
14 Think up a storm
15 Festive night
16 Blissful spot
17 Shrewd
18 Engine housing
19 Moreno or Rudner
20 Close call (2 wds.)
23 Finger-paint
26 Hesitant sounds
27 Loan-sharking
28 Sidekicks
29 On, as a lamp
30 "Friend or —?"
31 Old Fox sitcom
32 Harbor craft
33 Within – (near)
37 "Exodus" name
38 Quaint lodging
39 "ER" venue
40 Mil. address
41 News
43 Shadowy
44 Bled, as a color
45 Geol. formations
46 "Golly!"
47 Soften
48 Physical condition
51 Dinghy's need
52 Mural undercoat
53 Amoeba's forte (2 wds.)
56 Earthenware pot
57 Hibernate
58 Canada's capital
62 Creme caramel
63 Mother lode
64 Largest mammals
65 Basin in a church
66 Soho co.
67 Dreaming, maybe

Down
1 By way of
2 Magazine fillers
3 Treat fractures
4 Spa amenities
5 Flower oil
6 Smirk's kin
7 Banish
8 Declares frankly
9 Oysters' abodes
10 Reads
11 Leave-taking
12 Pave over
13 Winding
21 Monarchs' terms
22 Voting number
23 Jack who ate no fat
24 New Zealand language
25 Heston title role (2 wds.)
29 Gill alternatives
30 Prima — evidence
32 Like car glass
33 Fluffy quilts
34 Cottontails
35 Iridescent stones
36 Role for Silverheels
42 Fix firmly
46 Made a profit
47 Word with "telepathy"
48 Jeer
49 Phone response
50 Adventurer — Quatermain
51 In plain view
52 Early Teutons
54 Artifact
55 Captain Kirk's home
59 Pub pint
60 Minuscule
61 Deadly snake

Yesterday's answer

H	O	R	N	■	H	O	A	R	D	■	Z	A	P	S
A	L	A	I	■	O	U	T	E	R	■	U	F	O	S
Z	I	N	C	■	P	I	A	N	O	■	L	A	S	T
Y	O	D	E	L	S	■	■	E	N	S	U	R	E	S
■	■	■	S	A	T	■	D	E	E	T	■	■	■	■
S	O	F	T	W	O	O	D	■	■	I	S	L	E	S
C	C	I	■	■	I	R	S	■	■	L	E	E	C	H
A	T	L	A	N	T	A	■	C	R	E	A	T	O	R
D	E	L	A	Y	■	■	T	A	E	■	■	O	L	E
S	T	E	A	M	■	■	I	N	C	L	I	N	E	D
■	■	■	■	P	A	W	N	■	L	A	B	■	■	■
H	E	A	T	H	E	R	■	■	I	D	E	A	L	S
I	D	L	E	■	R	I	S	E	N	■	A	T	E	E
R	I	D	E	■	I	N	A	N	E	■	M	O	V	E
T	E	A	M	■	E	G	G	E	D	■	S	N	I	P

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B's at forefront of deadline day rumors in NHL

NHL. The Bruins are expected to make a move but it remains to be seen as to how big the deal will be.

The NHL trade deadline is Wednesday at 3 p.m. and if the last few years are any indication, expect the Bruins to make a move or two — albeit nothing that would be termed a blockbuster. Last season, Boston GM Peter Chiarelli traded for Jaromir Jagr. In 2012, he picked up Greg Zanon and Brian Rolston in separate moves. Finally, in the year they won their most recent Stanley Cup, they fortified their team by acquiring Rich Peverley and Chris Kelly, two players who helped them immensely.

What makes this particular year so hard to predict is that there are really only five teams that could be considered completely out of the running for the playoffs: the Islanders, Panthers, Sabres, Flames and Oilers. That means the price for most players will be inflated. Islanders winger Thomas Vanek, who was mentioned in a blockbuster trade rumor by The Fourth Period's David Pagnotta Wednesday, should prove pricey to acquire.

Early movement

Several NHL teams got a jump start on deadline day:

- Defenseman **Andrew MacDonald** was dealt from the Islanders to the Flyers for a second- and third-round draft pick, as well as prospect Matt Mangene.
- Goaltender **Roberto Luongo** was traded from Vancouver to Florida.
- Forward **Dustin Penner** was traded from Anaheim to Washington.

Christian Ehrhoff

The Bruins got an up-close and personal look at Ehrhoff last week when he had an assist and was plus-2 in 21:17 of ice time. He's more of an offensive defenseman and weapon on the power play than a shutdown-style defenseman like Dennis Seidenberg (which is what they're trying to temporarily replace). Ehrhoff was on the Canucks in 2011, so he has big-game experience.

Mike Cammalleri

The former Canadien has seen his production (13 goals, eight assists) really drop in perpetually rebuilding Calgary, and his long-term deal ends this season. Boston's second and third lines have been good, but he would have some value for the postseason. He's experienced and would likely be reinvigorated here.

Lubomir Visnovsky

Visnovsky is 37 but the Slovakian has only played in 16 games this season, so he figures to have plenty in the tank down the stretch. He's a left-handed shot and good skater, so he would fit the profile of someone the Bruins would like.

Matt Moulson

Moulson will make some contender very happy. This is a guy who scored 30-plus goals for the Islanders in three straight seasons. This season, he has posted 17 goals and 19 assists, and he was dealt to Buffalo by the Islanders in October. It would be stunning to see Moulson stay in Buffalo as he is an unrestricted free agent this summer.

RICH SLATE
@METROBOS
sports@metro.us

Islanders left wing Thomas Vanek has 53 points this season, though landing him in a deal would likely cost the Bruins a lot. / GETTY IMAGES

3 SPORTS

Down, out

C's Wallace undergoes surgery

Celtics forward Gerald Wallace had surgery on his left knee and left ankle Tuesday at New England Baptist Hospital. Wallace is done for the season but expects to be ready for training camp for the 2014-15 season.

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Last week, Boston.com asked you to select the best guilty pleasure romance film in the fourth annual Romance Rumble. Now you can view the winning film, **Serendipity**, at a special screening event on Wednesday, March 5th at Theatre 1 at Revere Hotel Boston Common.

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NBA power rankings | by James Toscano

No. 1

Pacers (46-13)

The Pacers are standing the test of time so far in the 2013-14 season. Evan Turner has struggled some since joining Indiana in the trade deadline deal with Philly, but he should be fine as they move forward. Top-to-bottom, the Pacers roster is now undeniably loaded.

No. 2

Thunder (45-15)

OKC is now down two of its five starters as Kendrick Perkins (groin) and Thabo Sefolosha (calf) are both out for the next few weeks.

No. 3

Clippers (41-20)

Glen Davis and Danny Granger give the Clippers enough depth where the power may have just shifted in their direction out West.

No. 4

Heat (43-14)

On Monday night, LeBron — face-mask and all — gave everyone 61 reasons why the Heat should always be feared as long as he's in Miami.

No. 5

Rockets (40-19)

Big home games for the Rockets this week with Miami Tuesday, the Pacers Friday and the Blazers Sunday.

No. 6

Spurs (43-16)

With Tony Parker returning and leading the way to a win over the Mavs, a collective sigh of relief can be heard in San Antonio this week.

No. 7

Blazers (41-19)

The biggest news for the Blazers this week was that LaMarcus Aldridge (23.7 ppg, 11.2 rpg) returned after a five-game absence.

No. 8

Suns (35-24)

Eric Bledsoe is now taking part in five-on-five scrimmages. The Suns, clinging to the seventh playoff spot in the West, need him.

No. 9

Warriors (36-24)

Mark Jackson beat Stephen Curry in a shooting contest, giving every "in-my-day" guy fodder for the next 20 years.

No. 10

Raptors (33-26)

The Raptors get a big rest this week as they don't play until Friday. We don't know about you, but we can't wait for "Playoff Rob Ford."

No. 11

Mavericks (36-25)

Dallas is just barely hanging on to that No. 8 seed in the West. Here's saying that Memphis will pass them when all is said and done.

No. 12

Grizzlies (34-25)

The Griz are still hanging tough in ninth place and sit just a game back from the Mavs and Suns. It'll be a fun month and a half.

No. 13

Bulls (33-27)

The Bulls strangely lost to the Nets Monday night, 96-80, but prior to that had been one of the hottest teams in the NBA.

No. 14

Wizards (31-29)

Trevor Ariza (yes, Trevor Ariza) has been playing like one of the top players in the NBA over the last month. He dropped 40 on the Sixers last Saturday.

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- Have a diagnosis of IBS-D, with:
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  - Recurrent abdominal pain or discomfort for at least 3 days per month in the least 3 months
  - Loose or watery stools sometimes or most of the time / always in the last 3 months
  - More than 3 bowel movements per day sometimes or most of the time / always in the last 3 months

All study-related visits, tests, and medications will be provided at no cost.
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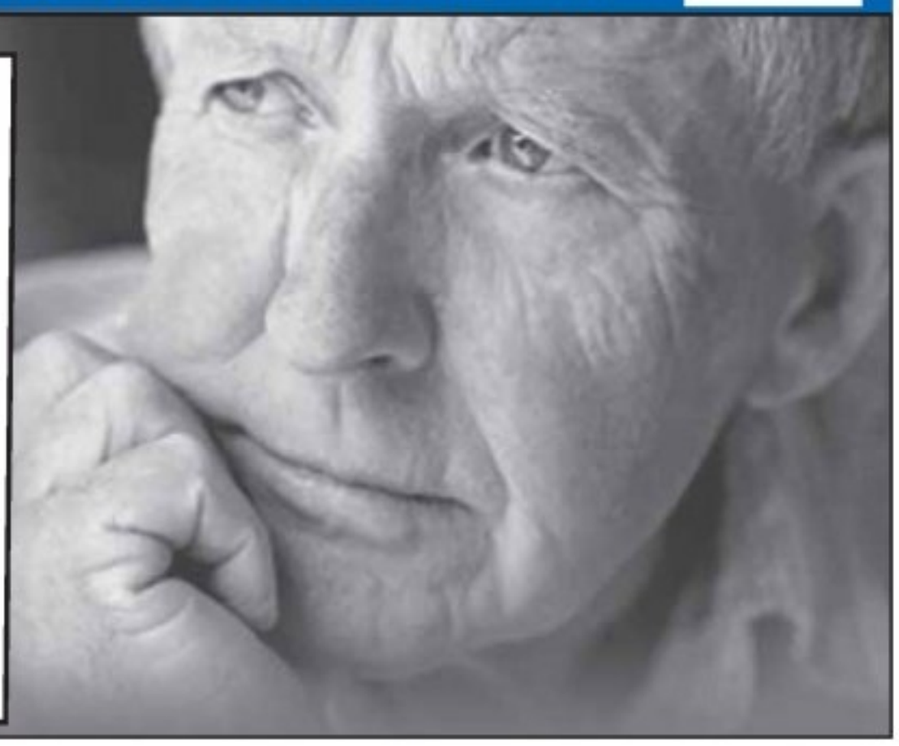

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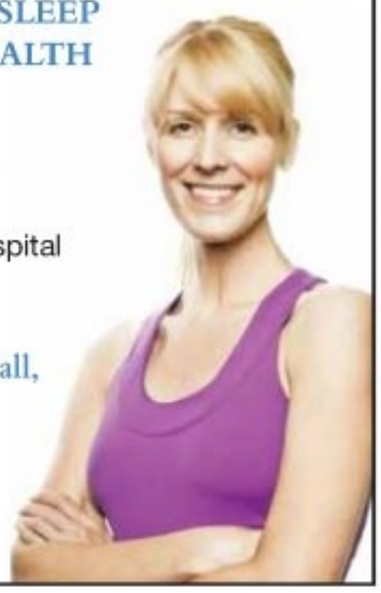

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- Do not have gastrointestinal problems • Do not smoke or use nicotine products

AND YOU ARE WILLING TO:

- Complete questionnaires • Have blood drawn, give saliva, urine & stool
- Consume our study diet for 8 weeks, and make multiple visits to the center to pick up study food

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For more information please e-mail volunteers-hnrc@tufts.edu or visit http://hnrca.tufts.edu/volunteer/current-studies/ • Call **1-800-738-7555** • Ask for study #2720

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Legal Notices

TRUST CITATION
Docket No. SU14P0378PO
Commonwealth of Massachusetts
The Trial Court Probate and Family Court
Paul Talbot Babson, II Trust -1958 In the matter of:
Suffolk Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617) 788-8300
To all interested persons:
A Petition has been filed by: **Richard L. Babson** of **Boston MA** and **Deborah E. Babson** of **Jaffrey NH**

requesting that the Court appoint two successor trustees to fill the vacancies left by the resignations of two prior trustees, and authorize and instruct the trustees to divide the trust into four equal and separate trusts, one for each of Donald P. Babson's four surviving children (i.e., Averill Babson, James A. Babson, Deborah E. Babson and Richard L. Babson) and their respective issue, pursuant to Section 417 of the MUTC, G. L. c.203#, Section 417, See Addendum to Petition, filed herewith.

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before 10:00 a.m. on 03/20/2014.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

WITNESS, Hon. Joan P Armstrong, First Justice of this Court.

Date: February 18, 2014

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